

Member: Canadian Nutrition society, European Society for Clinical Nutrition & Metabolism,
Indian Dietetic Association, International confederation of Dietetic Associations,
Asian Federation of Dietetic Associations, Orange City Runners

7/11/2023

Weight: 79 kg

Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Food Plan Week 8

8:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

10:30 AM 2 Eggs + Veggies [or] 1 bread + 1 Egg

1:30 PM Salad
1.5 Katori Khichadi/ Rice
Dal/ Kadi

4:30 PM 1 Slice/ Cube Cheese
1 Fruit

7:30 PM 1 Millet roti + Palak Dal
[or] Veg Soup + Sandwich [2 bread + Cheese + Veggies]
[or] 3 Idlis + sambar chutney

10:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

Program Expiry
11-08-23

Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

www.snehafafat.com

Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 